



Just Move It Oneida

Spring into Action

APRIL 13, 2022—Virtual Event

- ◆ Complete any type of physical activity at anytime throughout the day for at least 30 minutes.
- ◆ Upon completion REPORT your activity minutes (see options below).
- ◆ Registration required ONCE per calendar year.
- ◆ You will receive ONE free 2022 JMIO T-Shirt.
- ◆ Register at oneida-nsn.gov/resources/health/health-promotions/jmio/ (click on registration form).

How to Report Your Activity Minutes (Pick One Option)

- ◆ oneida-nsn.gov/resources/health/health-promotions/jmio/ (click on activity minute submission).
- ◆ Post a picture on our Facebook page.
- ◆ E-mail or call Hanna Leisgang.

Follow Us on Facebook

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T-Shirt Pick-Up Info

Where: Woodland Church - 760 Airport Dr.
When: 4.12.22 ◆ 3:30-5:15pm

For More Information or Questions Contact Hanna Leisgang

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☎ phone: 920.490.3927